



# Liver Balance

## Traditional Chinese formula for Constricted Liver Qi

Liver Balance is a Chinese formula for reducing excess “wood” energy in the body. In traditional Chinese medicine (TCM), wood is associated with the liver and gallbladder. A person with excess “wood” is not only prone to a congested liver and gallbladder, they are also prone to anger, irritability and frustration, aggression and depression. Symptoms of excess “wood” energy could include hypoglycemia, migraine headaches, allergies, poor fat metabolism, abdominal pain and distention and skin problems. Liver Balance may also be helpful for colitis, sore throat, tonsillitis, gallstones, eye infections, insomnia, digestive upset, addictions, PMS and breast lumps.

The Chinese name for this formula, Tiao He, means “mediate harmony.” In TCM, the liver is seen as the organ that helps other organs to work harmoniously together. When the energy (qi) of the liver is constricted, numerous seemingly unrelated health problems arise. These include malaise, headaches, a stuffy bloated feeling, brain fog, PMS, insomnia, morning fatigue and irritability. By relieving this congestion in the body, the body starts functioning more smoothly. Due to their poor diets and high levels of chemical exposure, the majority of Americans have some degree of constricted liver qi, making Liver Balance a useful formula for improving their overall health.

Here a list of the individual herbs in the Liver Balance formula and what they do.

**Bupleurum** helps to increase and regulate energy of the liver and promote inner heat and perspiration. It has been used to treat fever, inflammation, moodiness and sagging spirits. It is said to “dredge” the liver of anger and sadness, too.

**Peony root** is a sedative, an antiseptic and an anti-epileptic. This herb nourishes the blood. It has been used to treat epilepsy, chorea, nervous spasms and intestinal pain.

**Typhonium flagelliforme** is a Chinese herb used to relieve coughing. It also has analgesic and anti-inflammatory action.

**Cinnamon twig** is a pungent, aromatic and antiseptic herb. It promotes perspiration and the flow of urine, strengthens the stomach and stimulates the production of digestive fluids. It has been used to treat dyspepsia, pain in the abdomen and weak heart.

**Dang Qui (Dong Quai)** is a mildly sedative herb. It increases the production of digestive fluids and nourishes the blood. It is an excellent source of iron, magnesium and niacin. It has been used to treat constipation, abdominal pain, indigestion and headaches.

**Fushen** is the part of hoelen (an herbal fungus that grows on pine trees) that is attached to the tree. It is bitter and is a sedative. It promotes the flow of urine and decreases blood sugar. It has been used

to treat insomnia, edema and poor memory. It also helps restlessness and feelings of anger, which are often associated with a stressed liver.

**Scute Root (Chinese Skullcap)** is an antiseptic, an astringent and a tonic to the bladder. It strengthens the capillaries, reduces inflammation and muscle spasms, relieves pain and promotes the production of bile and the flow of urine. It has been used to treat hypertension, irritability, dysentery, insomnia and infection in the urinary tract.

**Zhishi** is an immature orange that stimulates the production of digestive fluids and is energy regulating. It has been used to treat abdominal pain, constipation, indigestion, flatulence, dyspepsia and vomiting.

**Atractylodes** is an energy tonic. It promotes the flow of urine and expels gas from the bowel. It increases the production of digestive fluids and it stimulates the liver. It is a laxative and it has been used to treat loss of appetite, loss of energy, vomiting, bloating, diarrhea and indigestion.

The following herbs act as catalysts for this formula: **Panax Ginseng** is a general tonic which works to balance this formula. It improves mental capabilities and physical stamina, stimulates the endocrine system and extends life span. It is adaptogenic and sedative (high doses). It has been used to treat forgetfulness, fatigue, chronic diarrhea and insomnia. **Licorice** is a mild sedative and laxative. It increases energy, especially around vital organs. It has been used to strengthen the digestion, regulate blood sugar, treat fatigue, ulcers, abdominal spasms and pain and to provide relief from poisons. **Ginger** is a warming and stimulating herb. It increases perspiration and eliminates gas from the bowels. It has been used to prevent vomiting. It is also used for gas, indigestion and nausea.

### Dosage

To cleanse the liver, relieve nervous tension, and restore energy it is suggested to take 4 capsules of Chinese Liver Balance (Tiao He) two or three times daily. Chinese Liver Balance is also available in a TCM concentrate. One capsule of the concentrate equals 5 capsules of the regular formula. The dose for the TCM Liver Balance is 1-2 capsules two to three times daily.

### Selected References

Chinese Herbal Medicine: Materia Medica by Dan Bensky and Andrew Gamble  
Oriental Material Medica: A Concise Guide by Hong-Yen Hsu  
The Illustrated Chinese Materia Medica by Kun-Ying Yen  
An Illustrated Dictionary of Chinese Medicinal Herbs by Wee Yeow and Hsuan Keng  
Nutritional Herbology by Mark Pedersen  
The Comprehensive Guide to Nature's Sunshine Products by Tree of Light

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